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King  
County  
Hospitals



# Pregnancy and Childbirth Guide

To 1998 Hospital Charges



North  
Puget Sound  
Region



For Clallam, Island, Jefferson,  
Kitsap, Pierce, San Juan, Skagit,  
Snohomish, and Whatcom  
Counties

Southwest  
Washington  
Region



For Clark, Cowlitz, Grays  
Harbor, Klickitat, Lewis, Mason,  
Pacific, Skamania, Thurston and  
Wahkiakum Counties

Central  
Washington  
Region



For Benton, Chelan, Douglas,  
Franklin, Grant, Kittitas,  
Okanogan, and Yakima  
Counties

Eastern  
Washington  
Region



For Adams, Asotin, Columbia,  
Ferry, Garfield, Lincoln,  
Pend Oreille, Spokane,  
Stevens, Walla Walla, and  
Whitman Counties



Hospital & Patient Data Systems  
[www.doh.wa.gov/data/hospdata.htm](http://www.doh.wa.gov/data/hospdata.htm)

# King County Hospitals

## 1998 Average Delivery and Newborn Charges

To get total expected charges for a birth, add a number from a *delivery* category to a number in a *newborn* category.

King County Residents Treated In King County Hospitals:	Delivery					Newborn				
	Normal Delivery DRG 373	Normal Delivery With Problems DRG 372	Normal Delivery With Sterilization or D&C DRG 374	Cesarean Section DRG 371	Cesarean Section With Problems DRG 370	Normal Newborn DRG 391	Prematurity Without Major Problems DRG 388	Prematurity With Major Problems DRG 387	Full Term Infant With Major Problems DRG 389	Infant With Other Significant Problems DRG 390
Hospital Name										
Auburn Regional Medical Center	2,789	3,475	5,426	4,271	4,979	713	1,594	8,277	2,721	959
Childrens Hospital & Medical Center*	—	—	—	—	—	1,477	—	70,106	5,231	3,175
Community Memorial Hospital	2,859	3,275	4,702	5,783	5,051	771	1,165	2,036	1,241	1,166
Evergreen Hospital Medical Center	2,668	3,182	3,722	4,336	4,832	553	4,976	17,936	3,953	732
Highline Community Hospital	2,387	3,230	3,980	4,733	4,939	605	2,872	4,903	1,868	901
Northwest Hospital	2,539	3,013	4,152	4,485	5,539	627	3,392	11,321	1,644	855
Overlake Hospital Medical Center	2,916	3,489	3,885	4,433	5,249	792	5,486	25,753	4,573	1,086
Providence Seattle Medical Center	2,807	3,443	3,684	4,895	5,517	794	3,641	5,784	1,995	1,002
Saint Francis Community Hospital	3,188	4,067	5,843	6,689	7,874	921	1,509	3,147	1,713	1,123
Swedish Medical Center*	3,568	4,354	5,014	6,508	7,611	918	5,774	30,629	5,160	1,258
University of Washington Medical Center*	3,034	3,884	4,747	6,093	7,312	795	3,641	26,861	4,597	1,162
Valley Medical Center	2,470	3,242	4,157	4,443	5,193	546	4,753	12,654	3,481	1,000
<b>Region Averages</b>	<b>2,912</b>	<b>3,631</b>	<b>4,360</b>	<b>5,211</b>	<b>6,307</b>	<b>748</b>	<b>4,550</b>	<b>22,140</b>	<b>3,848</b>	<b>1,070</b>
<b>King County Residents Treated In Other Regions:</b>										
North Puget Sound Region	2,886	3,727	4,277	5,962	7,276	776	8,554	33,413	4,419	1,053
Southwest Washington Region	3,338	—	—	4,880	4,937	673	—	—	—	1,193
Central Washington Region	2,754	5,700	—	7,078	—	797	5,610	6,445	4,445	—
Eastern Washington Region	2,278	—	—	—	—	567	—	—	—	1,655
<b>Averages for King County Residents</b>	<b>2,911</b>	<b>3,635</b>	<b>4,357</b>	<b>5,237</b>	<b>6,354</b>	<b>749</b>	<b>4,647</b>	<b>23,265</b>	<b>3,891</b>	<b>1,070</b>
<b>State Averages</b>	<b>2,866</b>	<b>3,602</b>	<b>4,622</b>	<b>5,486</b>	<b>6,682</b>	<b>776</b>	<b>4,581</b>	<b>22,365</b>	<b>3,996</b>	<b>1,180</b>

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*Note: Values in italic type are based on less than 25 discharges.*

*Group Health Hospitals do not report charges to the Department of Health.*

*\*These hospitals may have higher charges as they are set up to treat very sick and premature babies.*

# North Puget Sound Hospitals

## 1998 Average Delivery and Newborn Charges

To get total expected charges for a birth, add a number from a *delivery* category to a number in a *newborn* category.

North Puget Sound Residents Treated In North Puget Sound Hospitals:  Hospital Name	Delivery					Newborn				
	Normal Delivery DRG 373	Normal Delivery With Problems DRG 372	Normal Delivery With Sterilization or D&C DRG 374	Cesarean Section DRG 371	Cesarean Section With Problems DRG 370	Normal Newborn DRG 391	Prematurity Without Major Problems DRG 388	Prematurity With Major Problems DRG 387	Full Term Infant With Major Problems DRG 389	Infant With Other Significant Problems DRG 390
Affiliated Health Services	3,028	3,643	4,763	5,183	5,817	814	2,750	7,186	2,384	1,518
Cascade Valley Hospital	2,382	2,864	3,904	5,165	5,713	596	790	3,091	1,887	820
Forks Community Hospital	2,981	3,493	———	7,696	———	525	1,476	———	1,494	1,155
Good Samaritan Hospital	3,334	3,697	5,610	5,763	6,774	835	4,319	7,202	3,019	1,287
Harrison Memorial Hospital	2,402	2,988	3,677	4,672	5,511	588	1,637	3,682	1,562	919
Island Hospital	2,485	2,976	4,699	7,474	7,671	870	1,201	3,715	1,818	1,312
Jefferson General Hospital	3,591	4,488	6,091	6,285	6,749	633	715	———	1,416	773
Mary Bridge Childrens Health Center*	———	———	———	———	———	960	3,499	7,717	3,552	2,589
Olympic Memorial Hospital	2,346	2,627	4,058	4,739	5,299	848	1,333	1,760	1,416	1,248
Providence General Medical Center	3,489	4,459	5,160	6,003	7,132	818	4,911	16,565	5,811	1,493
Saint Clare Hospital	3,310	3,872	5,934	7,306	8,238	939	1,444	1,760	2,087	1,165
Saint Joseph Hospital	2,913	3,790	5,587	7,433	8,196	902	5,721	13,000	3,987	1,289
Saint Joseph Medical Center	3,093	3,911	5,415	7,226	8,296	976	6,590	16,132	4,369	1,338
Stevens Hospital	2,487	2,819	3,383	4,441	5,557	548	7,096	21,826	3,816	1,013
Tacoma General Hospital*	2,472	3,289	4,649	4,355	5,721	663	8,090	35,607	5,897	985 Valley
General Hospital	2,489	3,122	3,776	5,447	5,785	783	1,037	———	1,496	1,082
Whidbey General Hospital	2,045	2,379	4,273	5,180	6,109	534	889	3,978	1,340	678
<b>Region Averages</b>	<b>2,890</b>	<b>3,626</b>	<b>4,621</b>	<b>5,538</b>	<b>6,857</b>	<b>775</b>	<b>5,010</b>	<b>20,307</b>	<b>4,105</b>	<b>1,183</b>
<b>North Puget Sound Residents Treated In Other Regions:</b>										
King County Region	2,898	3,741	4,364	5,277	7,120	718	4,357	23,345	4,662	1,059
Southwest Washington Region	3,451	2,930	5,037	6,736	5,583	751	9,498	7,868	6,819	1,090
Central Washington Region	2,207	———	———	5,672	6,747	916	———	———	1,159	1,703
Eastern Washington Region	1,976	———	———	———	9,588	539	———	17,803	———	1,098
<b>Averages for North Puget Sound Residents</b>	<b>2,893</b>	<b>3,640</b>	<b>4,595</b>	<b>5,490</b>	<b>6,893</b>	<b>766</b>	<b>4,875</b>	<b>20,734</b>	<b>4,194</b>	<b>1,165</b>
<b>State Averages</b>	<b>2,866</b>	<b>3,602</b>	<b>4,622</b>	<b>5,486</b>	<b>6,682</b>	<b>776</b>	<b>4,581</b>	<b>22,365</b>	<b>3,996</b>	<b>1,180</b>

Note: Values in italic type are based on less than 25 discharges.

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# Southwest Washington Hospitals

## 1998 Average Delivery and Newborn Charges

To get total expected charges for a birth, add a number from a *delivery* category to a number in a *newborn* category.

Southwest Washington Residents Treated In Southwest Washington Hospitals:	Delivery					Newborn				
	Normal Delivery	Normal Delivery With Problems	Normal Delivery With Sterilization or D&C	Cesarean Section	Cesarean Section With Problems	Normal Newborn	Prematurity Without Major Problems	Prematurity With Major Problems	Full Term Infant With Major Problems	Infant With Other Significant Problems
Hospital Name	DRG 373	DRG 372	DRG 374	DRG 371	DRG 370	DRG 391	DRG 388	DRG 387	DRG 389	DRG 390
Capital Medical Center	3,325	4,314	5,381	6,839	7,764	747	3,077	3,834	3,553	1,162
Grays Harbor Community Hospital	3,289	4,243	6,307	7,825	7,870	979	2,189	18,007	2,623	1,355
Klickitat Valley Hospital	3,163	3,684	6,962	8,658	12,356	667	1,392	—	1,790	1,132
Mason General Hospital	2,838	3,823	5,043	5,775	6,601	685	970	—	2,345	886
Morton General Hospital	3,063	2,489	—	—	—	833	—	—	747	—
Providence Centralia Hospital	2,878	3,931	3,285	6,058	7,662	847	2,344	15,835	4,076	1,480
Providence Saint Peter Hospital	3,380	3,839	4,621	5,581	6,405	726	4,619	11,860	3,034	1,211
Saint John Medical Center	3,624	4,290	5,531	6,258	7,285	802	5,666	15,383	4,354	1,501
Skyline Hospital	3,552	4,587	7,266	8,403	9,870	875	980	—	1,992	1,272
Southwest Washington Medical Center	2,818	3,588	4,495	5,490	6,570	766	3,917	10,488	2,634	1,454
Willapa Harbor Hospital	2,466	—	—	8,120	7,959	930	—	—	1,371	1,450
<b>Region Averages</b>	<b>3,087</b>	<b>3,867</b>	<b>4,986</b>	<b>5,984</b>	<b>6,870</b>	<b>778</b>	<b>4,205</b>	<b>11,900</b>	<b>3,142</b>	<b>1,317</b>
<b>Southwest Washington Residents Treated In Other Regions:</b>										
North Puget Sound Region	2,828	3,904	4,517	5,738	7,400	755	13,340	45,425	5,953	1,063
King County Region	3,128	4,917	6,041	5,715	9,852	760	6,236	26,796	4,071	1,894
Central Washington Region	2,714	3,383	—	5,502	—	732	1,426	11,762	1,953	692
Eastern Washington Region	2,653	—	—	—	—	755	—	—	—	1,434
<b>Averages for Southwest Washington Residents</b>	<b>3,081</b>	<b>3,874</b>	<b>4,989</b>	<b>5,973</b>	<b>6,954</b>	<b>777</b>	<b>4,593</b>	<b>25,090</b>	<b>3,407</b>	<b>1,309</b>
<b>State Averages</b>	<b>2,866</b>	<b>3,602</b>	<b>4,622</b>	<b>5,486</b>	<b>6,682</b>	<b>776</b>	<b>4,581</b>	<b>22,365</b>	<b>3,996</b>	<b>1,180</b>

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Note: Values in italic type are based on less than 25 discharges.

# Central Washington Hospitals

## 1998 Average Delivery and Newborn Charges

To get total expected charges for a birth, add a number from a *delivery* category to a number in a *newborn* category.

Central Washington Residents Treated In Central Washington Hospitals:  Hospital Name	Delivery					Newborn				
	Normal Delivery DRG 373	Normal Delivery With Problems DRG 372	Normal Delivery With Sterilization or D&C DRG 374	Cesarean Section DRG 371	Cesarean Section With Problems DRG 370	Normal Newborn DRG 391	Prematurity Without Major Problems DRG 388	Prematurity With Major Problems DRG 387	Full Term Infant With Major Problems DRG 389	Infant With Other Significant Problems DRG 390
Central Washington Hospital	3,004	3,890	4,097	4,712	6,120	875	4,686	12,827	3,423	1,308
Columbia Basin Hospital	<i>1,612</i>	—	—	—	—	<i>567</i>	—	—	—	—
Coulee Community Hospital	<i>1,660</i>	<i>1,838</i>	—	<i>7,350</i>	<i>6,884</i>	<i>477</i>	—	<i>2,989</i>	—	<i>595</i>
Kadlec Medical Center*	2,891	3,845	<i>4,669</i>	4,959	6,143	858	5,389	25,400	5,697	1,192
Kennewick General Hospital	2,959	3,758	5,626	6,120	6,448	792	2,889	<i>6,807</i>	2,657	1,333
Kittitas Valley Hospital	2,651	3,268	<i>4,895</i>	4,882	<i>5,780</i>	720	<i>962</i>	—	<i>1,769</i>	1,110
Lake Chelan Community Hospital	3,346	<i>4,710</i>	<i>7,353</i>	<i>7,365</i>	<i>10,363</i>	820	<i>1,082</i>	<i>1,692</i>	<i>1,839</i>	<i>1,136</i>
Lourdes Medical Center	2,351	2,958	<i>5,469</i>	6,906	8,119	698	1,020	<i>7,304</i>	2,437	1,101
Mid-Valley Hospital	2,260	2,862	<i>4,164</i>	6,122	<i>6,716</i>	801	<i>1,673</i>	—	<i>1,762</i>	<i>1,619</i>
North Valley Hospital	2,691	<i>3,545</i>	<i>5,645</i>	<i>6,558</i>	<i>10,301</i>	584	—	—	<i>6,051</i>	<i>1,232</i>
Okanogan-Douglas Hospital	2,230	<i>3,237</i>	<i>3,959</i>	<i>5,517</i>	<i>7,233</i>	603	<i>528</i>	—	<i>1,479</i>	<i>762</i>
Prosser Memorial Hospital	2,101	<i>3,750</i>	4,613	5,361	<i>6,497</i>	739	<i>1,286</i>	—	<i>1,107</i>	1,038
Providence Toppenish Hospital	1,970	2,597	3,811	5,073	5,564	778	<i>1,572</i>	<i>2,113</i>	1,755	1,223
Providence Yakima Medical Center	2,720	3,509	4,773	5,628	<i>7,172</i>	773	<i>1,574</i>	<i>1,449</i>	1,730	1,115
Quincy Valley Hospital	3,023	<i>3,483</i>	<i>5,107</i>	<i>5,870</i>	<i>4,204</i>	901	—	—	—	<i>1,486</i>
Samaritan Hospital	2,312	2,913	4,636	5,467	6,085	936	<i>1,735</i>	<i>1,856</i>	2,207	1,311
Sunnyside Community Hospital	2,298	2,641	4,855	5,272	6,152	868	<i>1,675</i>	<i>3,452</i>	3,195	1,313
Yakima Valley Memorial Hospital*	2,851	3,398	4,737	4,965	5,653	902	5,285	16,912	2,831	1,496
<b>Region Averages</b>	<b>2,677</b>	<b>3,328</b>	<b>4,676</b>	<b>5,339</b>	<b>6,269</b>	<b>831</b>	<b>4,056</b>	<b>16,955</b>	<b>2,879</b>	<b>1,295</b>
<b>Central Washington Residents Treated In Other Regions:</b>										
North Puget Sound Region	<i>2,286</i>	<i>4,467</i>	—	<i>7,831</i>	<i>6,123</i>	<i>646</i>	—	<i>21,264</i>	<i>2,322</i>	<i>567</i>
King County Region	<i>2,849</i>	<i>4,676</i>	<i>3,394</i>	<i>6,233</i>	<i>8,795</i>	<i>637</i>	<i>6,779</i>	<i>15,188</i>	<i>6,449</i>	<i>1,273</i>
Southwest Washington Region	<i>2,961</i>	—	—	—	—	<i>761</i>	—	—	—	—
Eastern Washington Region	<i>2,426</i>	<i>3,431</i>	<i>5,029</i>	<i>5,247</i>	<i>7,253</i>	<i>790</i>	<i>6,447</i>	<i>38,434</i>	<i>6,680</i>	<i>1,517</i>
<b>Averages for Central Washington Residents</b>	<b>2,672</b>	<b>3,344</b>	<b>4,681</b>	<b>5,348</b>	<b>6,340</b>	<b>829</b>	<b>4,193</b>	<b>20,796</b>	<b>3,030</b>	<b>1,297</b>
<b>State Averages</b>	<b>2,866</b>	<b>3,602</b>	<b>4,622</b>	<b>5,486</b>	<b>6,682</b>	<b>776</b>	<b>4,581</b>	<b>22,365</b>	<b>3,996</b>	<b>1,180</b>

Note: Values in italic type are based on less than 25 discharges.

\*These hospitals may have higher charges as they are set up to treat very sick and premature babies.

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# Eastern Washington Hospitals

## 1998 Average Delivery and Newborn Charges

To get total expected charges for a birth, add a number from a *delivery* category to a number in a *newborn* category.

Eastern Washington Residents Treated In Eastern Washington Hospitals:	Delivery					Newborn				
	Normal Delivery DRG 373	Normal Delivery With Problems DRG 372	Normal Delivery With Sterilization or D&C DRG 374	Cesarean Section DRG 371	Cesarean Section With Problems DRG 370	Normal Newborn DRG 391	Prematurity Without Major Problems DRG 388	Prematurity With Major Problems DRG 387	Full Term Infant With Major Problems DRG 389	Infant With Other Significant Problems DRG 390
Deaconess Medical Center*	2,549	3,343	3,856	5,105	6,391	755	5,285	31,508	6,258	1,087
Deer Park Health Center & Hospital	2,334	—	—	—	—	802	—	3,463	—	759
Ferry County Memorial Hospital	2,009	—	—	5,516	—	473	—	—	—	—
Holy Family Hospital	2,607	3,336	4,027	6,048	6,829	777	1,651	8,447	3,934	1,348
Lincoln Hospital	2,484	4,181	6,004	7,619	8,543	1,037	—	—	—	—
Mount Carmel Hospital	2,258	4,196	5,305	6,892	8,426	672	676	—	—	1,150
Newport Community Hospital	2,624	2,923	5,645	6,899	7,796	742	—	—	—	1,459
Othello Community Hospital	2,141	3,576	4,715	5,756	6,204	830	1,286	—	1,293	1,562
Pullman Memorial Hospital	2,290	3,088	6,533	6,156	7,249	572	776	—	1,124	941
Sacred Heart Medical Center*	2,871	3,785	4,345	5,778	7,495	827	5,693	27,053	7,299	1,232
Saint Josephs Hospital of Chewelah	2,549	3,936	5,446	6,033	8,601	807	—	—	2,546	1,145
Saint Mary Medical Center	2,592	3,303	5,445	6,787	8,111	949	1,854	7,457	5,421	1,769
Valley Hospital & Medical Center	2,855	3,465	5,109	6,188	7,296	707	1,473	3,451	4,044	1,243
Walla Walla General Hospital	2,683	3,141	4,353	6,898	8,267	1,161	2,394	9,196	3,329	1,632
Whitman Hospital & Medical Center	2,326	3,600	3,138	5,453	7,250	676	—	—	1,231	1,641
<b>Region Averages</b>	<b>2,640</b>	<b>3,478</b>	<b>4,295</b>	<b>5,747</b>	<b>7,050</b>	<b>788</b>	<b>4,276</b>	<b>26,494</b>	<b>5,498</b>	<b>1,241</b>
<b>Eastern Washington Residents Treated In Other Regions:</b>										
North Puget Sound Region	2,989	3,102	—	—	—	771	—	—	—	1,838
King County Region	3,008	—	—	6,211	—	813	—	—	—	—
Southwest Washington Region	2,649	—	—	—	—	—	—	—	—	2,149
Central Washington Region	2,667	3,124	5,290	5,471	5,593	846	833	12,367	3,091	1,234
<b>Averages for Eastern Washington Residents</b>	<b>2,641</b>	<b>3,471</b>	<b>4,338</b>	<b>5,742</b>	<b>6,999</b>	<b>790</b>	<b>4,199</b>	<b>26,247</b>	<b>5,446</b>	<b>1,243</b>
<b>State Averages</b>	<b>2,866</b>	<b>3,602</b>	<b>4,622</b>	<b>5,486</b>	<b>6,682</b>	<b>776</b>	<b>4,581</b>	<b>22,365</b>	<b>3,996</b>	<b>1,180</b>

Note: Values in italic type are based on less than 25 discharges.

\*These hospitals may have higher charges as they are set up to treat very sick and premature babies.

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# Delivery and Newborn Category Definitions

## Delivery

### **DRG 373 Normal Delivery (No Problems)**

Normal delivery of a baby or babies without surgery.

### **DRG 372 Normal Delivery With Problems**

Delivery of a baby or babies without surgery complicated by an illness or condition in the mother or baby.

### **DRG 374 Normal Delivery With Sterilization or D&C**

Delivery of a baby or babies without surgery other than D&C or sterilization (tubal ligation).

### **DRG 371 Cesarean Section (No Problems)**

Normal delivery of a baby or babies through surgery by incisions made in the mother's stomach.

### **DRG 370 Cesarean Section With Problems**

Delivery of a baby or babies by surgery complicated by an illness or condition in the mother or baby.

## Newborns

### **DRG 391 Normal Newborn**

Newly delivered baby without significant health problems.

### **DRG 388 Prematurity Without Major Problems**

Baby is born before full term of 37 weeks and/or weighs less than 2,499 grams and requires special care.

### **DRG 387 Prematurity With Major Problems**

Baby is born before full term of 37 weeks and/or weighs less than 2,499 grams, with illnesses or conditions that complicate care and treatment. These can include viral and bacterial infection, herpes, measles complications, malnutrition, heart and lung conditions, hernia, kidney failure, spina bifida, brain anomalies, and fractures.

### **DRG 389 Full Term Infant With Major Problems**

Baby is born full term with illnesses or conditions that complicate care and treatment. These can include infection, anemia, cystic fibrosis, hemorrhage, and seizures.

### **DRG 390 Infant With Other Significant Problems**

Baby up to six weeks old treated for problems not covered under other categories. May include transfers or readmissions to a hospital.

### **NOTE:**

The information in this brochure comes from data provided to the state Department of Health by Washington hospitals. The data are grouped into illness categories, called Diagnosis Related Groups, or DRGs. They combine similar diagnoses and treatments.

The charges listed are **averages** for items and services provided by hospitals, based on the number of patients and total charges for that illness as reported in 1998. **Doctor fees are not included.** Figures include charges for the hospital room, hospital services ordered by a doctor (such as x-rays and laboratory tests), and personal care items (such as hospital gowns). Very high or low charges and very long or short stays are not included in the averages.

Because these figures are averages, they may be different from what you are billed.

## Making The Best Choices

Use this brochure to:

- \* Compare the charges for childbirth at hospitals in your area,
- \* See how charges may change based on the kinds of problems that can happen,
- \* Let your doctor and health insurance know you are taking an active role in planning your care.

The charges in this brochure come from reports from Washington hospitals to the Department of Health. Charges are listed for several newborn conditions and delivery methods which may need different types of treatment. Births with

problems are often more expensive than those without problems. For problem births in hospitals where charges are much lower than other hospitals in that category, it is likely that the sickest babies are sent to another hospital that can better treat the problem. If you have two or more babies at the same time, the charges will also be higher.

The charges are averages based on the number of births and total charges in each category as reported for the region in 1998. How long you or your baby are in the hospital, the level of care you both get, problems, extra services, and price increases all affect the hospital charges. These charges do **not** include doctor

fees. Because these charges are averages, they may be different than what you are billed.

**For additional brochures:**  
360-236-4200

Or visit:  
[www.doh.wa.gov/data/hospdata.htm](http://www.doh.wa.gov/data/hospdata.htm)

**Complaints about quality of care:**

Hospitals: 1-800-633-6828

Professional Licensing: 1-360-236-4700

**Health Consumer Help Line:**  
1-800-525-0127

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# Pregnancy and Childbirth Tips

## Be Prepared

Play an active role in your care and the care of your baby.

- \* Know what services your health insurance does and does not cover, and any rules that must be followed.
- \* Be prepared for doctor visits with questions and information, such as family medical history for you and the father of the baby.
- \* If you are a first time mother, learn all you can about pregnancy, childbirth, and newborn care through books, videos, classes, and talking to other women.
- \* Find out what resources and services are available to help you care for your baby after birth.

## Ask Questions

You have the right to be involved in your care and treatment. Doctors and hospitals differ in the services they offer and how they care for patients. Have questions ready ahead of time to ask your doctor, health insurance provider, and the hospital. This will help you learn what services are available and decide which doctors will best meet your needs. Here are some questions that may help you decide:

- \* What services will my health insurance cover? What rules do I have to follow? What things do I have to do?
- \* What do you see as my role and responsibilities in my care?
- \* Are there any limits on having my partner/support person with me during my prenatal care? During labor and delivery? During my hospital stay?
- \* What are your feelings about natural childbirth? C-sections? Vaginal birth after c-section?

- \* If I should develop problems, how will my care be managed? Who will do it?
- \* Does the baby go to the nursery or can it stay with me?
- \* What are your charges for labor and delivery? What are the expected charges at this hospital or birthing facility? Is financial aid or counseling available?
- \* How long will I stay in the hospital after a normal birth? After a c-section? Are there limits on how long I can stay?

## Make Healthy Choices

Make choices that will improve your chances of having a healthy baby and fewer delivery problems.

- \* Stay at a healthy weight.
- \* Don't smoke, drink, or use street drugs.
- \* Reduce your caffeine (coffee, colas) intake.
- \* Exercise often—take a walk every day.
- \* Eat a balanced diet and include extra calcium.
- \* Take vitamins and folic acid as advised by your doctor.
- \* Wear a seat belt.
- \* Talk to your doctor before taking any prescription or over-the-counter drugs.
- \* Practice safer sex.
- \* Get tested for HIV.
- \* Eliminate unsafe conditions at home and at work.

## Get The Right Treatment

- \* Get regular prenatal care and follow your doctor's advice.
- \* Know your health risks and how they may affect your delivery and your baby.
- \* Routine tests are available that can help find problems early. Ask about these tests to be sure you know what they are for.
- \* Ask to see the results and have them explained to you.
- \* Check ahead of time to see if the tests are covered under your health insurance.
- \* If the tests show there may be problems, find out what your choices are.
- \* If you need help finding a doctor or need information about pregnancy, infant health, and other health care resources, call 1-800-322-2588.

## Examine Hospital and Medical Bills

Check all medical bills carefully for mistakes. Check to see if you were overcharged, billed more than once for the same thing, or charged for an item or service you did not get. If you have trouble understanding your bill, ask your doctors or the hospital for an explanation. **The Washington Department of Health does not control hospital rates or billing practices.**

## Washington State Department of Health

Office of Hospital & Patient Data Systems  
P.O. Box 47811  
Olympia, WA 98504-7811

This brochure was published to increase consumer awareness of health care charges. For additional copies write to the Department of Health at the address above or call 360-236-4200.

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